STRESSED?
You don’t have to be!
MINDFULNESS-BASED STRESS REDUCTION

promotes a sense of ease and well-being in the middle of our busy lives, teaching participants how to harness their own innate abilities to improve overall physical and mental health.

WINTER 2016 EIGHT-WEEK SESSION DATES

Orientation: Saturday, January 16, 10:00–11:30 a.m.
Class sessions: Wednesdays, January 20–March 9
Day-long session: Saturday, February 27, 8:30 a.m.–4:00 p.m.

Discounts available for employees/students of UO, LCC, and PeaceHealth; some need-based scholarships also available.

Information and registration at: http://academicextension.uoregon.edu/mbsr

EO/AA/ADA institution committed to cultural diversity.
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